

How to make and take your Epsom salts mixture:

Mix up 4 tablespoons of Epsom salts (magnesium sulphate) in a bottle with 1 cup of boiling water to dissolve it. This is for 4 doses. Each time have ¼ cup either straight down, or mixed with the non-acidic fruit juice. (Pear, litchi or peach juice works best. Never lemon, pineapple or anything acidic because it will fizz up the Epsom salts inside you!) I like to drink this juice after taking a neat shot of the Epsom salts and water to get rid of the taste.

action – regardless of their size. You may have rather a rumble night as things begin to rattle and roll. The end is in sight and it's painless. Most people just sleep through it.

The next morning when you waken take the third dose of Epsom salts, and lie in bed a while longer. Take the last dose of Epsom salts after another 2 hours. By now you will be feeling the urge to visit the toilet. Some people take a lot longer to begin purging the bowels, while others go during the whole night. We are different. After a few hours you can have some fruit, juice or a light breakfast. Take it easy and by evening you can enjoy a light, wholesome meal. Promise never to binge out on junk food, overload on bread and sugar and gulp down fatty fries again!

WHAT HAPPENS WHEN THINGS BEGIN TO RUMBLE?

Your bowels will become very active and it will feel as if the whole world is pouring out of you. So are the gallstones! Gallstones are mainly composed of cholesterol and this floats in the toilet, whereas the bowel movement sinks. Gallstones show up as bright green. It is very exciting to see the evidence of your ordeal, and Hulda Regehr Clark who really recommends this process says we should shine a flashlight into the toilet to see them better. (Each to his own – some people like to catch them in a sieve.) Other than gallstones, some of the cholesterol appears as tan-coloured crystals of floating 'chaff', so good riddance to that as well. You should see this brown floating chaff often in any bowel movement when your liver is functioning correctly and is purging out waste products. Do not be alarmed by a pungent odour of sulphur – this is from the magnesium sulphate (Epsom salts). You may feel a little ill for a few days afterwards, as the body may still be full of toxins.

On the second day at bedtime drink ½ cup of olive oil mixed with ½ cup lemon or pink grapefruit juice. After all that fat starvation, it tastes really good! Now lie down immediately, flat on your back, with your head on a pillow. The gallstones begin to move and roll along, because the Epsom salts relaxes and opens up the valves and ducts and the olive oil activates the pumping

HOW OFTEN SHOULD WE DO THIS LIVER CLEANSE AND HOW SAFE IS IT?

One naturopath has processed over 500 cases using this technique and nobody had pain or went to hospital, including patients in their 60s and 80s. All of them got rid of their gallstones without the need for surgery. Truly fantastic and so simple, so what are you afraid of? Yes it's not highly pleasant, but nor are gallstones and the excruciating pain and discomfort they cause. Unfortunately the surgical alternative involves removing your gallbladder for good. This cleanse should be done twice a year, but if you have a severe problem it can be repeated within a few weeks.

WHAT SUPPLEMENTS DO WE NEED FOR A WEAK, DISEASED OR DAMAGED LIVER?

- The herb milk thistle is excellent for regenerating a weak and diseased liver and supplements are available. If you are going out on a rich food or party bender, take lots of it with vitamin C beforehand. I am told it prevents hangovers.
- Lecithin is very important as a fat emulsifier and eggs are a good source. Lecithin granules from health shops and supermarkets can be mixed with food.
- Vitamin B-complex is very important, especially high doses of choline and inositol that can be bought separately.
- Antioxidants are essential for the liver, so load up on vitamins C, A, D and E.
- Omega 3 and 6 oils, especially olive and flaxseed oil, are highly beneficial. Better still, buy flaxseeds and grind up a few tablespoons every day for your family. Use on cereals, in smoothies and when you bake. There will be no more constipation, hormonal shortcomings or frayed tempers either. These flaxseeds, together with the regular use of olive oil in your diet help to maintain the smooth working of the liver. Don't be surprised to see evidence of cholesterol 'flack' floating in the toilet. Very reassuring to know you are in control of cholesterol. Stay away from simple carbohydrates to keep it low.
- Increase your intake of foods high in potassium, especially blackstrap molasses. Eat foods compliant with your blood type, and alkalis with calcium and magnesium every night.

LAST WORD

Why remove your gall bladder just because it contains gallstones? Why take hormone supplements when your clogged-up liver is already full of them? This ancient flush-out procedure was used successfully long before it was fashionable to cut out offending 'bits and pieces' and use drugs to mimic bodily functions. You feel really wonderful after this home treatment. In some cases, age-related eyesight improves. Aches and pains, especially under the shoulder blades go away and you feel more energetic. 🌿